



如果我是一個帶菌者，我怎樣保護我的寶寶？

- 小心避免讓您的血液接觸到您的寶寶。
- 在您觸摸您的血液，帶血的體液，或陰道分泌物之後，要清洗雙手。
- 用紗布遮蓋您或您寶寶身上的割傷或傷口，以防止讓您傷口的分泌物沾染到您的寶寶。
- 清除任何流出的血跡。用漂白清潔劑消毒（漂白清潔劑對水的比例是一比十）。
- 餵食時不要先咀嚼您寶寶的食物再餵。
- 不要使用您寶寶的牙刷或其他個人盥洗用品。
- 如果您的寶寶有接受B型肝炎疫苗注射，您就可安全地餵乳。但若奶頭出現乾裂的現象或您胸部有破裂的傷口就趕快停止。

欲 取本手冊 其它樣式版本，請打電話：1-800-525-0127.

Hepatitis B

B 型肝炎

如何保護您的寶寶

How to Protect Your Baby



Chinese



您可能是一個B型肝炎的帶菌者而不自知！但是您現在可以採取步驟，讓您的寶寶不致受到感染。不要冒險讓您的寶寶沒有必要地在成長時嘗試受不可治癒的肝病痛苦。

甚麼是B型肝炎？

B型肝炎是一種嚴重的肝臟感染。它是由B型肝炎過濾性病毒引起。並由受到感染的母親在生產時傳給新生的嬰兒。

甚麼是B型肝炎的症狀？

有些症狀是食慾不佳，疲倦，嘔吐，黃疸（皮膚和眼睛顯現黃色）或是尿液呈深色。但是有些感染到B型肝炎的人沒有任何症狀，也不會感到或看起來生病的樣子。有些人幾個月以後會康復並會產生保護作用預防再度感染。還有其他人會成為帶菌者，在若干年內或終其一生都在其體內攜帶這些病毒。

如果我的寶寶飽受到感染會怎麼樣？

大多數受到感染的嬰兒都不會顯現生病的跡象，但是會成為B型肝炎的帶菌者。帶菌者到了成年初期可能會發展出肝硬化和癌症。

如果我不覺得生病，我仍會將B型肝炎傳給我的寶寶嗎？

是的。一個受到感染的懷孕婦女會將這個病傳給她的嬰兒。這通常是發生在生產的過程中。嬰兒在生產過程後與母親有密切的接觸，也使嬰兒暴露於存在母親體液中的病毒之下。

我怎樣保護我的寶寶？

到您的醫生那裡去驗血。如果您感染了B型肝炎，您的寶寶將開始接受一連串的B型肝炎注射。您的寶寶在出生時會接受B型肝炎免疫血清（HBIG）注射與B型肝炎疫苗注射。然後在六個月之內再接受兩次B型肝炎疫苗注射。如果錯過了任何一次注射，您的孩子將不會有足夠的防護。確保您的寶寶按時得到全部的注射是極為重要的。

我怎樣保護我家庭的其他成員？

遵守背面的各項指示。同時，您家裡的其他成員也應到他們的醫生那裡接受B型肝炎檢查與預防注射。



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If you have questions, contact:

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Sincerely,

Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **Hepatitis B: How to Protect Your Baby**

Size: 11 x 8.5

Paper stock: 65# cover Wausau Astrobrights Neptune Blue

Ink color: Black

Special instructions: 2-sided printing. Finished job folds to 5.5 x 8.5

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